

MULTI-SERVICE SENIOR CENTER

40086 Paseo Padre Pkwy Fremont CA 94538 www.fremont.gov/ourcommunity/seniorcenter

Menu Information: 790-6610

Office: 790-6600



2016 Lunch Menu

LUNCH: 12:00 NOON Members: \$5.00

Non Members: \$7.00 **TICKETS SOLD**

FIRST-COME, FIRST SERVED NO REFUNDS, NO EXCHANGES

Frozen Meals When Available: M, T, Th, F- 9:30-10:30 am,1-2 pm

M, T, Th & F - 3/\$5 Regular 3/\$6 Special All Ages Welcome!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Summer .		1 Beef Stew with Honey-Butter Cornbread, Salad & Dessert	2 Taco Salad Dessert No To-Go's	HEALTH EXPO All lunches sold outside.
6 Chicken Marsala, Cheese Polenta, Vegetables, Garlic Bread, Caesar Salad, Dessert	Roasted Pork Loin w/Balsamic Reduction, Mashed Sweet Potatoes, Roasted Root Vegetables, Bread, Salad & Dessert	8 Spaghetti w/Ground Turkey Meat Sauce, Collard Greens, Garlic Bread, Salad & Dessert	9 \$6 & \$8 BBQ Salmon w/ Pico De Gallo, Steamed Jasmine Rice, Vegetables, Bread, Salad, Dessert	Meatloaf w/Gravy, Mashed Potatoes, Roasted Bell Peppers & Onions, salad, Bread & Dessert
Pan Seared Pork Chop, Macaroni & Cheese, Roasted Tomatoes, Bread, Salad & Dessert	14 Roasted Leg of Lamb, Mint Jelly, Roasted Red Potatoes, Vegetables, Caesar Salad, Bread & Dessert	15 \$6 & \$8 BBQ Beef Brisket w/ Barbeque Sauce, Potato Gratin, Steamed Carrots & Corn, Bread, Salad & Dessert	16 Homemade Chicken Pot Pie, Honey-Butter Cornbread, Salad & Dessert	Pan Seared Tilapia w/Lemon- Caper Sauce, Steamed Jasmine Rice, Roasted Seasonal Vegetables, Bread, Salad & Dessert
20 Father's Day \$6 & \$8 BBQ New York Steak w/Mushroom Sauce, Garlic Mashed Potatoes, Steamed Asparagus, Salad, Bread & Dessert	21 Lasagna w/Ground Turkey, Garlic Bread, Steamed Cauliflower, Spinach Salad & Dessert	Coconut Pork Curry, Steamed Basmati Rice, Roasted Bell Peppers, Pasta, Salad, Bread & Dessert	23 Teriyaki Chicken, Vegetable Fried Rice, Green Beans, Bread, Salad & Dessert	24 Egg Battered Sole w/Lemon Aioli, Creamy Orzo, Roasted Celery & Carrots, Salad, Bread & Dessert
27 \$6 & \$8 Braised Lamb Shank w/Gravy, Roasted Yukon Potatoes, Vegetables, Green Salad, Bread & Dessert	28 Oven Roasted Chicken, Creamy Polenta, Braised Cauliflower, Spinach Salad, Bread & Dessert	29 Lemon-Pepper Catfish w/Citrus Aioli, Tarragon Rice Pilaf, Steamed Vegetables, Salad, Bread & Dessert	30 Beef Stroganoff w/Pasta, Steamed Broccoli, Bread, Salad & Dessert	

MENU SUBJECT OT CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. disdcard any food left after 3 days.

- •Vegetarian Option & Special Dietary Needs: Please speak to the chef before 10:00 am
- •To Go Tickets Must Be Deposited At The Large Kitchen Window Immediately After Purchase
- •Early Birds Must be called in by 11:30 am